

FUEL UP WITH ALL FORMS

FRESH SOCIAL MEDIA POSTS

#FRESH #TipoftheDay: Marinate sliced veggies in balsamic vinegar & grill. Try squash, onion, mushrooms, peppers & eggplant.

Love those FRESH tomatoes from your garden? Find out if they can help reduce the risk of stroke--read the research: <http://ow.ly/mN3FT>

Grilling brings out the natural sweetness in fruits/veggies & preserves flavor-- 9 tips for a perfect result: <http://ow.ly/moWfF>

Set up a sundae station--this frozen dessert incorporates the goodness of berry season! <http://ow.ly/mRKp1>

Pack orange slices, apples, boxes of raisins, cups of applesauce, bananas, cherry tomatoes, or baby carrots for snacks at sports practice.

Are your veggies bordering on "hum-drum"? Check out our Top 10 Ways to Make Veggies Tasty & see what happens! <http://ow.ly/cM4Ao>

#TipoftheDay Choose a #healthy #dessert: Fresh fruit is the perfect ending to any meal. Berries and sorbet are a match made in heaven!

Salad Cups! A cute party idea that brings the health to any gathering! Get more healthy entertaining ideas --> <http://ow.ly/ywHZV>

A #healthy way to refresh & rehydrate is by drinking water flavored w/fresh citrus fruit, sliced peaches or berries.

Here's our TOP FIVE fresh fruits and veggies perfect for grilling: <http://ow.ly/xoWlQ>

Nervous about gardening? Use this Grow Your Own How-To Guide to earn ur green thumb: <http://ow.ly/xoYiV>

#DidYouKnow 8 strawberries contain more vitamin C than an orange! EAT UP w/ our TOP TEN ways to enjoy strawberries: <http://ow.ly/xoGJv>

Many fruits/veggies have high water content & can help keep you hydrated. Melons, lettuce, berries, citrus, zucchini are just a few!

These tasty FRESH Grilled Peaches make for a delectable dessert without the guilt: <http://ow.ly/xp17q>

Over 50 fruits/veggies are at their peak flavor right now – Get a full list of FRESH seasonal superstars: <http://ow.ly/xp1Bo>

You simply can't go wrong with the classic combination of Spinach, Strawberries & Pecans:
<http://ow.ly/wajRx>

#DidYouKnow There are about 7,000 cherries on every cherry tree, and each tree is capable of producing 100 pounds of fruit in a season.

Snacking on some sweet blueberries! 1 c. = 100 cal. 3 grams fiber & they're packed w/antioxidants. Can't beat that! <http://ow.ly/b6B2L>

School gardens, nutrition games, in-class taste sessions all have proven to help kids see FRESH FVs in a positive light!

Stay cool as a cucumber -- Tests show that on a hot day the inside pulp of a cucumber is about 20% cooler than the outside temperature.

#TipoftheDay Buy fresh produce in-season when it tends to be less expensive. i.e. buy apples and pears in the fall Happy shopping! :-)

Avocados are a fan favorite this season! Our mom blogger has Avo-recipes that push your palate beyond guacamole: <http://ow.ly/wPVh9>

Knowledge is Power! Get the facts on pesticides and The so-called Dirty Dozen: <http://ow.ly/wrBv7>

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